

Child and Adult Care Food Program Meal Patterns for Children

This chart lists the amounts and types of food to be served to children one year and older.

Meal Components	Ages 1-2	Ages 3-5	Ages 6-12
Breakfast: <ul style="list-style-type: none"> milk, fluid¹ juice or fruit or vegetable bread or bread alternate or cornbread, biscuits, rolls, muffins, etc <p>including cereal cold, dry or cereal hot, cooked</p>	$\frac{1}{2}$ cup $\frac{1}{4}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving	$\frac{3}{4}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving	1 cup $\frac{1}{2}$ cup 1 slice 1 serving
Supplement (Snack) (select 2 out of 4 components) <ul style="list-style-type: none"> milk¹, fluid juice or fruit or vegetable meat or meat alternate egg (large) bread or bread alternate including cereal, cold, dry or cereal hot, cooked 	$\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ ounce $\frac{1}{2}$ $\frac{1}{2}$ slice $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce $\frac{1}{4}$ cup	$\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ ounce $\frac{1}{2}$ $\frac{1}{2}$ slice $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce $\frac{1}{4}$ cup	1 cup $\frac{3}{4}$ cup 1 ounce $\frac{1}{2}$ 1 slice $\frac{3}{4}$ cup or 1 ounce $\frac{1}{2}$ cup
Lunch or Supper <ul style="list-style-type: none"> milk¹, fluid meat or poultry or fish or egg (large) or cheese or cooked dry beans or peas or peanut butter and other "butters" nuts and seeds² or yogurt vegetables and/or fruits³ (2 or more total) bread or bread alternate⁴ 	$\frac{1}{2}$ cup 1 ounce $\frac{1}{2}$ 1 ounce $\frac{1}{4}$ cup 2 Tbsp. $\frac{1}{2}$ ounce 4 ounces $\frac{1}{4}$ cup $\frac{1}{2}$ serving or $\frac{1}{2}$ slice	$\frac{3}{4}$ cup 1 $\frac{1}{2}$ ounces $\frac{3}{4}$ 1 $\frac{1}{2}$ ounces $\frac{3}{8}$ cup 3 Tbsp. $\frac{3}{4}$ ounce 6 ounces $\frac{1}{2}$ cup $\frac{1}{2}$ serving or $\frac{1}{2}$ slice	1 cup 2 ounces 1 2 ounces $\frac{1}{2}$ cup 4 Tbsp. 1 ounce 8 ounces $\frac{3}{4}$ cup 1 serving or 1 slice

¹

Milk includes whole milk, 1% low fat milk, 2% reduced fat milk, fat free milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet State or local standards.

²

For lunch and supper no more than 50% of the requirement may be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to meet the requirement. For crediting purposes 1 oz of nuts or seeds = 1 oz of cooked lean meat, poultry or fish.

³

Serve two or more kinds of fruits and/or vegetables. Full strength vegetable or fruit juice may be counted to meet no more than one half of this requirement for lunch and supper.

⁴

Bread alternate may also include an equivalent serving of such items as a roll, biscuit, muffin, cooked enriched or whole grain rice, macaroni, noodles or other pasta products.